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ARE LOCKER-ROOMS LAST PLACE TO COME OUT OF THE CLOSET?

OUR IN-DEPTH LOOK AT SPORTS AND SEXUALITY FEATURES A ROUNDTABLE DISCUSSION WITH ATHLETES

PAGES 7-9

Taking the funds out of charity

Metro reporter Jessica Smith investigates impropriety at charitable foundation PAGE 6

Female cop flick is buddy to the bone

Sandra Bullock and Melissa McCarthy set new standard with The Heat PAGE 15

Of cyborgs and men

Exploring the emerging and possibly merging-with-humans world of techno-intelligence PAGE 3

NEWS WORTH SHARING.

CAS removes homeless woman's child

Pregnant. Lisa Roberts' 15-month-old son taken away after nights spent sleeping in Whitby parks

The Durham Children's Aid Society has taken away Lisa Roberts' 15-month-old son after receiving an anonymous call about her living in a Whitby park with her child.

Roberts, who is nearly eight months pregnant, was located by Durham Region police officers on behalf of DCAS on Tuesday afternoon at a bus station in Ajax. She was with her son on her way to pick up a cheque from her social worker, she says.

"I'm a good mother. I've been taking care of him. He's healthy, happy and loved," a frantic Roberts told Torstar News Service on Tuesday. "If I lose my son I will die."

A court hearing has been set up for later this week. She says she has been told that she will not be able to see her son until then.

Children's Aid cannot comment on any cases it deals with, spokesperson Andrea Maenza said.

A child will be taken away from a homeless parent only if there's "an immediate risk of safety," Caroline Newton, spokesperson for the Ontario Association of Children's Aid Societies, told Torstar.

Newton says efforts are always made to get in touch with other family members who might be able to help temporarily take care of the child, or to place the parent and child in a proper shelter.

Forced to move

Roberts, 38, became homeless in May after she had to move out of her apartment, which her landlord needed back. After running out of money to pay for a motel and briefly staying with a friend, she began sleeping in parks with her son.

- Roberts is currently on welfare and is working with her social worker to find an affordable, permanent place to live. She has chosen not to stay in shelters.

Roberts says she was not given any options that would allow her to remain with her son, such as staying at a shelter.

TORSTAR NEWS SERVICE

RAONIC SERVES NOTICE

Local tennis hero Milos Raonic plays a return to Carlos Berlocq of Argentina during their first-round singles match at Wimbledon on Tuesday. Raonic used his lightning-fast serve to rip 19 aces by Berlocq and move on to the second round at the Grand Slam event. **See story, page 32.** KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

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Dawn of the Cyborg Age

Who's watching whom?
Tech's brightest, strangest minds offer some out-of-this-world insight into the future

JESSICA SMITH
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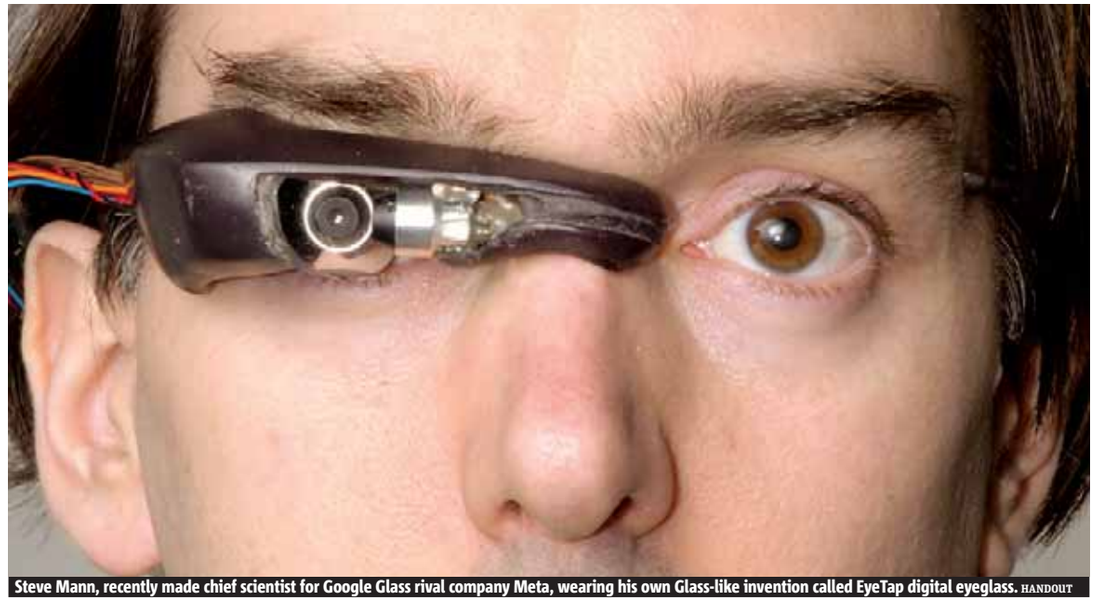

Steve Mann, recently made chief scientist for Google Glass rival company Meta, wearing his own Glass-like invention called EyeTap digital eyeglass. HANDOUT

Behind futuristic advancements like Google Glass lies a theory about humans and machines: One day, the "technological singularity" will come and technological progress will be so rapid that humans won't be able to comprehend it. The only way we'll be able to keep up with machines is to become "cyborgs," with human and computer intelligence intertwined.

That's the gist of a presentation paper by MIT professor and the "father of artificial intelligence" Marvin Minsky; the "father of wearable computing" Steve Mann; and Google research director Ray Kurzweil.

All three will be giving the keynote speech at the International Symposium on Technology and Society Conference in Toronto this weekend.

"Our conference deals with issues of augmediated reality we're going to be facing in everyday life," said conference chair Steve Mann.

The first step towards the "cyborg age" is wearable computing, according to the trio of futurists. One day, wearable computing will become so advanced that its technological intelligence will match our own — and combine inexorably with our own, creating superhuman intelligence, they say.

Mann, Minsky and Kurzweil write of the democratizing effect intelligent machines will have — but that's in an era yet to come.

"If and when machines become truly intelligent, they will not necessarily be subservient to human intelligence, and may therefore not necessarily be under the control of government, police, security ... or any other centralized control. Instead, we'll see a democratization of the technology through distributed Wikipedia-like decentralized commons," they write.

For now, Mann sees a struggle between those with power to conduct surveillance and those they surveil — and wearable computers are heading to the epicentre of it.

For more than 30 years, Mann, recently made chief scientist for Google Glass rival company Meta, has worn his own Glass-like invention called the EyeTap digital eyeglass.

Google Glass functions similarly to the first generation of his technology, which he built 30 years ago, he says.

His digital eyeglass allows him to see the world with superimposed computer-generated imagery that augments his reality. Its current version can also record what he sees.

Mann's had run-ins with security guards and other authorities, including a well-publicized incident in a French McDonald's in 2012, when three men who appeared to be employees allegedly assaulted him, trying to rip the device off of his head.

He coined the term "sousveillance," meaning watching from below, or the opposite of surveillance, that occurs when people are watching the groups or institutions that would watch them.

"Surveillance is cameras mounted on architecture, sousveillance is cameras mounted on people," he said.

He's found, for years, that those who conduct surveillance are the most afraid of being "sousveilled" right back.

"They're afraid of it for a reason — because it makes sense, because it's fair and equitable. We call it equi-veillence, the ratio between surveillance and sousveillance."

The recent revelations about the U.S. PRISM program and the extent of state surveillance will be part of this weekend's discussions, said Mann.

In his theory, the PRISM revelations are a form of sousveillance of the NSA. A wearable camera can't sousveil the NSA, but sousveillance was accomplished by whistleblower Edward Snowden.

"The surveillance itself is not newsworthy. What's newsworthy is the sousveillance: i.e. that the surveillance has been brought to light, and that there's somebody looking back the other way, resulting in a reciprocal transparency," he said.

Say what?

Terms to know

- **Cyborg.** Person who's become superhuman through built-in devices
- **Augmediate.** As coined by Mann, to improve vision through the use of technology
- **Augmented reality.** Real life overlayed with text or graphics

HAL?

"If and when machines become truly intelligent, they will not necessarily be subservient to human intelligence ... or any other centralized control."

Mann, Minsky and Kurzweil, authors behind cyborg presentation paper

Through the looking Glass, with perspective

To hear a technological evangelist talk about the future of technology can make it seem inevitable — we're heading into the cyborg age, like it or not.

"We're being convinced that carryable technology will become wearable technology, will become implantable technology — brain implants and things miniaturized to the nanoscale, and we'll be able to put them in our body," says Isabel Pedersen, the Canada Research Chair in Digital Life, Media and Culture and associate professor at the University of Ontario Institute of Technology, who studies the rhetoric of technological process.

She calls that slide into a cyborg future the "continuum of embodiment," but argues it's not as inevitable as it sometimes seems.

"What I argue is we are still holding the reins on this process. We are the designers. We're still in power, we're still agents of design and we need to be wary of the mounting news that makes us believe that this is inevitable or imminent," she said.

Pedersen, who will speak at the International Symposium on Technology and Society Conference in Toronto this weekend, says media coverage concerning the work of futurists acts as a "mass process of socialization," paving the way for the public to accept new technology.

For example, talk of Google Glass dominates news coverage and is spoken of in concrete inevitable terms, even though only a small select group of people currently have access to the technology. JESSICA SMITH/METRO

Us vs. Ourselves

"We're still in power ... we need to be wary of the mounting news that makes us believe that this is inevitable or imminent."

Isabel Pedersen, Canada Research Chair in Digital Life, Media and Culture

Building boom. Doubling charges will only stifle city renewal: Developers

Toronto's downtown renaissance will be threatened if the City of Toronto nearly doubles development charges, developers warn.

A plan going before council's executive committee next month would see charges on the average new two-bedroom condo rise to $23,036 next year, from $12,412 now.

The city's consultant says in a report that at least part of the cost is passed on to the buyer of the new home.

The proposed higher rates would come closer to those charged by bordering municipalities — which average about $32,000 per unit — and increase Toronto's overall annual take from the charges to $260 million from $150 million.

"Traditionally, you might moderate your development charges to try to encourage development, but we don't seem to be having that problem at this time," Deputy Mayor Doug Holyday said. "There's a lot of development going on."

Developers note that Toronto is the only municipality to charge a municipal land-transfer tax. That tax contributes about $350 million a year to city coffers, while adding about $10,000 to the cost of an average home.

Holyday noted that former mayor David Miller cushioned the blow of the new land transfer tax by freezing development charges for two years and then phasing in increases.

"At that time, they decided to give the development industry a bit of a break, and now I guess the chickens are coming home to roost on that," Holyday said. TORSTAR NEWS SERVICE

Killing the golden goose?

"There's room for some potential increase, but I think the suggestion to double it in one year is being penny-wise and pound-foolish."

Developer Stephen Diamond

You're not here for the truth, says McGuinty

Dalton McGuinty talks to media Tuesday after he testified for the second time at the legislative committee looking at the gas-plant scandal. An unapologetic McGuinty lashed out at the committee, saying it was an effort by opposition parties to topple the minority Liberals. He also predicted a police investigation about the mass deletion of emails by senior staff would go nowhere. COLIN MCCONNELL/TORSTAR NEWS SERVICE

'Thinking about it'

John Tory mulls 2nd run for mayor

Former Ontario PC leader John Tory is thinking about taking another run at the Toronto mayor's chair.

Usually coy about the idea — he lost to David Miller in 2003 — Tory said Tuesday on his Newstalk 1010 radio show that he's willing to "think" about it. TORSTAR NEWS SERVICE

Forest Hill Collegiate

Third student accuses teacher of sex assault

A 40-year-old Toronto teacher is facing new charges in a sexual assault investigation that now involves three students.

Christopher Parkin was charged in April after police probed allegations from two female students.

Police say Parkin was re-arrested on Monday and charged following allegations from a third student. THE CANADIAN PRESS

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A charity gone out of bounds

Giving or taking?

OFTD still raising funds, collecting grants, despite serious allegations of financial impropriety and repeated audits

JESSICA SMITH
jessica.smith@metronews.ca

An email in Metro's investigation tips inbox caught my eye: A man in New Brunswick wrote to tell us there was a charity raising money in the province, but as far as he could tell, it wasn't doing anything to help people it claimed to support.

"I feel that the money being raised is not going to the proper people, the disabled of the East Coast," he wrote in his email to investigations@metronews.ca.

I've always wondered how you can tell if a charity is worthwhile, so I investigated Opportunities for the Disabled (OFTD) Foundation. It's been an accredited national charity since 1996 with reported revenues averaging more than $500 million a year — medium-sized in the context of Canada's 85,000 registered charities.

You may know Opportunities for the Disabled Foundation from boxes of chocolates for sale on store counters across Canada, or met one of the charity's canvassers. OFTD's mandate is to provide new or recycled medical and computer equipment to disabled people and spread awareness about people with disabilities and services that can help them.

What I found is a damning 2006 audit that said the charity couldn't account for the funds it raised, the money it spent, the good work it did or how much some of the people who ran it were paid — but noted they were paid, not only through salaries reported to the government but also through contract work that wasn't properly accounted for.

Still, it continues to operate and the B.C. government has given OFTD generous gaming grants over the years: $483,000 between 2005 and 2011.

A former president of the charity and two other former board members told me they have serious concerns about how the money the charity collects is spent. All three — who did not seek out a story on OFTD but gave interviews when I tracked them down — alleged they saw a lot of money going to the people that ran the charity but little going to help people with disabilities.

Executive director Sean Stone maintains these allegations are false. He couldn't provide proof of any good works in New Brunswick, but said he believes there have been some.

Sean Stone TWITTER

The Toronto office of Opportunities for the Disabled Foundation on Alness Street is closed on the morning of Tuesday, June 11. A man who answered the phone at the Toronto number directed questions to the Vancouver head office.

JESSICA SMITH/METRO

Who keeps the books?

"We did help a few people," said Darren Childs, president of the OFTD in 2002, when I reached him by phone. "But, administratively, there were people that made lots and lots of money. One of them wasn't me."

Childs, who has cerebral palsy, said he was initially interested in OFTD because of its mandate to help disabled people. As he saw spending that made him uncomfortable, he says he kept telling himself he could make a difference and continued to work for the charity for a few years until Stone asked him to be the board president in 2002.

"As the president I was entitled to ask them to open their books and show me what's what and they wouldn't do it," said Childs. "Because they wouldn't open their books and show me what was what, I left. I resigned."

Lorna Bank, listed as treasurer in the charity's 2006 CRA return, said she was treasurer "in name only," never given cheque-signing power or management of the charity's day-to-day accounts, only brought in to "clean up" years of back tax returns as the Canada Revenue Agency conducted an audit.

Bank alleged she was told to "allocate" money that had been paid to Stone and his wife to other expenses on the books because of the audit.

She alleged Stone put personal expenses, including travel and restaurant bills, on a Visa paid by the charity's accounts.

"He was always spending money on computer gadgets and that kind of stuff. They were basically for him," she said. "I know it's not right."

A third former board member who said he saw the same financial mismanagement as Childs and Bank wished to remain anonymous because he didn't want to be publicly associated with Stone and OFTD.

When I interviewed Stone, he claimed Childs was in fact the one responsible for the charity's finances and any wrongdoing, but offered no proof of that, and the charity's financial problems predate Childs' time at OFTD and continued after he left.

He also denied all of Bank's claims and said she was in a "bitter legal suit with OFTD."

Bank had mentioned she took Stone to small claims court after she left OFTD.

Court documents show three cases, one that was dismissed, one that was settled and a third in which Stone was ordered to pay $8,500.

In that case, Stone had refused to reimburse her and a former colleague for the printing costs of the B.C. disability guide — a small book the charity distributes with contact information for organizations that help people with disabilities — and then took the guide, she said.

Who was helped?

I have no doubt that OFTD does help some people, but it does not produce public annual reports, like many charities do, to demonstrate the good works accomplished.

Stone sent me a list of 67 names and photos of people in British Columbia and two people in Toronto he says were given computers or medical equipment, such as scooters and wheelchairs.

By searching their names in online directories, I contacted a few of the people on the list, and they reported they were happy with the donation they received.

After months of work, I determined I wouldn't give to OFTD. Finding out what a charity is doing with donations shouldn't be this hard.

The best bang for your buck

How to select a good charity

Experts in the field of charitable giving say that the best way to tell a good charity from the rest is to make sure they're transparent, accountable and have a measurable impact on their communities.

Bruce MacDonald, president of Big Brothers Big Sisters of Canada, and James Temple, a director of corporate responsibility at PricewaterhouseCoopers who also lectures internationally on corporate philanthropy, agree on some simple advice:

- It's best to look not only at the charity's numbers such as the percentage of administrative fees and fundraising costs, but also its annual reports, to get a sense of its impact on the community. Some charities have higher admin costs than others because their mandate requires more staff and oversight.
- Many charities post annual reports and financial information on charityfocus.ca, a great place to look for information before you give.

"We encourage good, transparent financial accountability through annual reports and financial statements," Temple said.

JESSICA SMITH/METRO

Audit shows unaccounted-for money going to executive director

In 2006, the Canada Revenue Agency audited Opportunities for the Disabled.

Here's what it found:

- The charity had not kept adequate books and had provided inaccurate information to the CRA.
- When the auditor asked about missing records, "the explanations provided were implausible."
- The charity had several contracts with companies related to its directors as well as contracts with the directors, but could not verify how much these contracts paid the directors.
- There were payments to management consultants, including Stone.
- The charity relied heavily on professional fundraising companies, which only gave the charity 25 per cent of funds raised.
- The financial statements showed revenue of $343,935 from Fundpro, a professional fundraising company owned by Stone, even though OFTD said it had cut off its relationship with Fundpro in 2002.

(In my interview with Stone, he initially denied having a company called Fundpro. Later, he said it was his, and the company "managed" all funds given directly to OFTD.)

- The auditor had difficulty finding proof of the charitable work, except for a list of 20 names of people the charity had given equipment to in B.C. OFTD said the information for who was given equipment in Ontario was lost when office computers were stolen.

Quoted

"The Charity does not meet the definition of a 'charitable organization' according to (the Income Tax Act) as not all of its resources are devoted to charitable activities. The low ratio of expenditures disbursed for charitable purposes (18%) indicates that the charity is not devoting all of its resources for 'Charitable Purposes.'" 2006 audit of OFTD

That audit was not the first, nor the last. In 1997, the Calgary Herald reported the new charity was audited and a local lawyer notified the RCMP about possible financial irregularities and a provincial official responsible for charities raised concerns.

The Herald reported "60 per cent of the $200,000 raised in door-to-door canvassing in Calgary last year went to pay fundraising costs by Fundpro, a company owned by Stone, and Vinmar, a company owned by (former board member) Vince Wishart."

Stone said the audits after 2006 were clean, and chalked up the problems to the then 10-year-old charity being young, but would not provide the results of the later audits.

JESSICA SMITH/METRO

When basketball player Jason Collins came out early this year, he renewed the debate about whether openly gay players are welcome in the arena of professional sports. While others came before him — like David Kopay, Martina Navratilova, Ian Roberts, Mark Tewksbury, Gareth Thomas and Robbie Rogers — will locker rooms be the last closet?

A level playing field?

Team Tolerance. Metro brought together a diverse group of athletes for a round table discussion on sports and sexuality

JENNIFER MELO
Metro Canada

More than 45 years after Pierre Elliott Trudeau declared the state had no business in the bedrooms of the nation, 21 years after Canada allowed gays and lesbians to serve openly in our military, and more than a decade since same-sex marriage has been legal across the country, Canadians may think we'd finally be able to stamp "paid" to the gay/lesbian/queer rights debate.

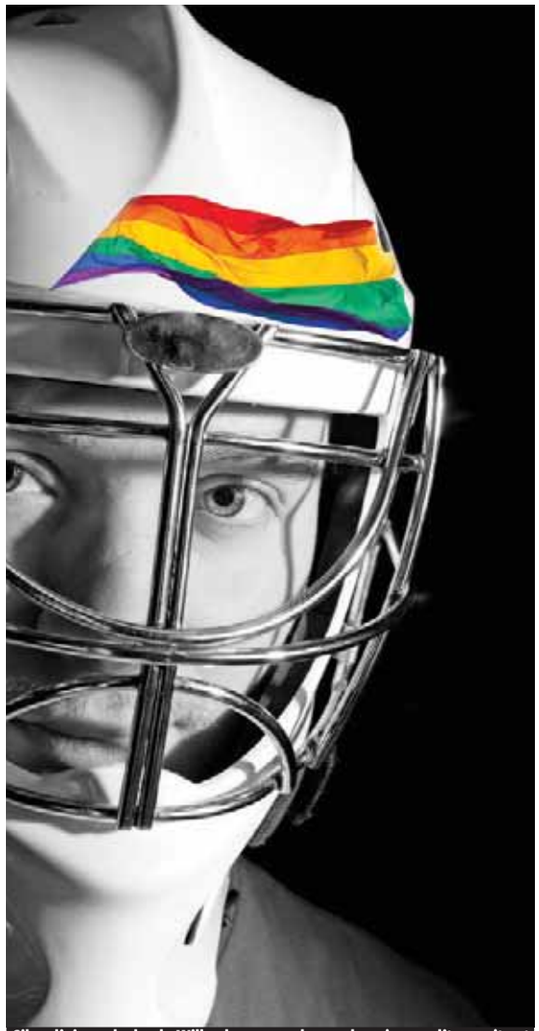
Sadly, we have yet to smash a significant barrier — the right for Canada's LGBT community to play community-league sports without the fear of literal and metaphorical locker room lockouts.

Dave Doucette, 41, played hockey until he was 16. He vividly remembers hearing gay slurs, disparaging remarks about women and talk that made him feel like an outcast. "'F—ing faggots' and similar comments came out in the dressing room and you're like, 'Oh God. I think I'm one of those.'"

Add the usual team pack mentality, where aggression and adrenaline are considered performance enhancing "drugs" and it's easy to see how homophobia can run rampant.

Eric Demarbre, 34, admits he was one of the bullies, picking on others when he played high school hockey. Even though he knew he was gay, he "didn't show it," alluding to stereotypical gay male behaviours. While Demarbre victimized others, he too suffered. "I never felt any feeling worse in my life than that. Like go-home-and-cry bad," he explained. "You're pretending to be one of them, and you're debasing yourself in that process just so you can fit in."

The women in our group tell me the experience is different in women's sports. Their sexuality didn't keep



Silver linings playbook: Will a day come when a player's sexuality won't get in the way of their game? ISTOCK

Ana Oliveira

them from playing the sports they love.

But they didn't get off scot-free either. "My team and I went to Montreal for a tournament and we stayed overnight," remembers Ana Oliveira, a 34-year-old soccer player from Brampton, Ont. "A couple of the girls said they didn't want to stay with me in the room because they didn't want me to touch them inappropriately. I said, 'Don't flatter yourself. You're not my type.'"

Oliveira, who was supported by friends, family, coaches and teachers since she came out as a lesbian at the age of 17, said the experience was unexpected. "I was surprised at the comment, but I didn't let it get to me," she said. "They're ignorant and it was my job to just stop it there." On the field, the incident was forgotten. "We played. We were focused. We just wanted to play," Oliveira said.

Receiving an unwanted sexual advance in the locker room is perhaps the greatest unspoken fear in mixed (gay and heterosexual) teams. "I'm pretty sure it's the only thing that anyone's really worried about," Demarbre said.

But straight guys should stop worrying, says Doucette. "I play on an all-gay hockey team," he says. "We're in the showers with a bunch of gay guys and nothing's happening so…"

Only one of our group came out while playing on a mixed (queer and straight) sports team. What would it have taken for the others to do so? "A miracle!" says Doucette. "Because of everything that's being said in that room, there was no way I was going to ostracize myself."

Change is happening, though. There is support for the LGBT community with organizations like Outsport Toronto and programs like the You Can Play Project, encouraging LGBT athletes to keep competing. And if teachers, coaches, family and friends of the LGBT community work together, maybe there will come a time when an NBA player's public declaration of homosexuality won't be a big deal.

But according to this group, that time is not now.

"I'd like to believe that no one's going to care if every gay athlete came out, but that's not necessarily the case," says J.D. Muir, 29, who's played on men's hockey, rugby and football teams. Muir talks about how we define sports as a culture. "They're aggressive. They're war games," he explains. And the language used in sports, he says, includes homophobic slurs and pressure to be strong, powerful and non-submissive.

Strong role models can help. "You hear about kids being bullied and beat up and ostracized, so to have someone to look up to is really important," says Lela Kouyoumdjian, 38, who plays for the Toronto Soccer Association and Pink Turf soccer league.

Today, Jason Collins is the only major league athlete to come out while still in the game. "I think there's a lot of paving still to be done," Kouyoumdjian says. "When someone like Collins comes out, it's very courageous; it's very brave. And we need more people to do that."

We can all make a difference, however, and we can start by choosing our words with care. "It's words like lame and retarded and gay," says Doucette. We can work on "eradicating these words that people fluff off and don't consider as damaging — except by the people they're being thrown at."

Lela Kouyoumdjian and Dave Doucette.
ROUNDTABLE PHOTOS BY DAVID VAN DYKE / METRO

Dave Doucette and round table facilitator Jennifer Melo.

Eric Demarbre

J.D. Muir

Who's it gonna be?

"I actually think it's going to be a grassroots kid who changes the professional sports world. It's gonna be some kid who's just amazing at his sport and it'll be like, 'Oh, he's gay.' And then nobody's gonna be able to say anything about it."

Eric Demarbre
On whether or not professional athletes will change the future for players on grassroots levels.

On the right track

Roberta Cowell

Race car driver, former Second World War pilot and parent of two, Roberta Cowell, now 95, was born Robert Marshall Cowell.

Growing up with signs of hermaphroditism, Cowell had feminine qualities such as wide hips, narrow shoulders and undeveloped but apparent breasts. "I had always known that my body had certain feminine characteristics," she wrote in an autobiography titled Roberta Cowell's Story, published in 1954. Cowell gained notoriety as the first known British transsexual to have sex reassignment surgery. Cowell, now known as Roberta, was Robert until the age of 33. PHOTO: HANDOUT

Game changer

Justin Fashanu

The world's first professional soccer player to publicly come out as gay, Justin Fashanu's story turned tragic in 1998 when he committed suicide. "You have to understand that footballers are very narrow-minded people," the former Norwich City forward said in one interview. "It's the nature of the business. When you put yourself in the firing line, you are open to attack. I know I'm there to be shot down in flames."

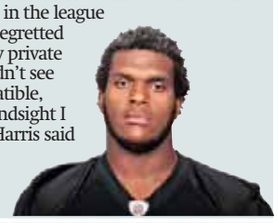
At the time of his death in May 1998, he was charged with sexual assault and the accuser was a 17-year-old boy from Maryland. In a suicide note, Fashanu said the sexual relations were consensual, and believed he wouldn't get a fair trial because of his homosexuality. PHOTO: ALLSPORT UK /ALLSPORT

Tackling the tough issues

Kwame Harris

Jamaican-born former NFL player Kwame Harris, 31, was publicly outed in January following a highly publicized fight and legal battle with his ex-boyfriend Dimitri Geier. The former offensive lineman played for the San Francisco 49ers and the Oakland Raiders for six seasons. Harris described his conflict over whether or not to come out while he was in the league as "turmoil" and "despair" and regretted his decision to keep his sexuality private during his time in the NFL. "I didn't see those two things as being compatible, but now when I look back, in hindsight I could have done it differently," Harris said in a CNN interview.

PHOTO: GETTY IMAGES



Putting bigotry on ice

Angela James

Toronto-born Angela James, 48, is one of the first two women inducted into the international Hockey Hall of Fame, a seven-time gold medal winner, a top performer for Team Canada and "the Wayne Gretzky of women's hockey." She's also a lesbian, a wife and a mother. James was inducted into Canada's Sports Hall of Fame in 2009, an occasion where she publicly acknowledged the roles of her partner, Ange, and their three children in her life. In an interview with Xtra!, James explained the significance of the event. "Until then, no openly gay athlete had ever been inducted into one of the major North American sports halls of fame. In fact, no current or former NHL player has ever come out." PHOTO: GETTY IMAGES

Kick-starting some compassion

Alan Gendreau

Alan Gendreau, 23, became the first publicly gay athlete to enter the NFL draft in 2012. Out since he was 16, Gendreau had supportive teammates both during his high school football years in Apopka, Fla., and in his college football years at Middle Tennessee State. But not everyone was accepting of his sexual orientation. Gendreau was asked to leave when he brought a boyfriend to a church event. "It was like my family telling me I wasn't allowed to come home," the devout Christian said in an interview with Outsports, a website that provides resources and a community for gay athletes. "I'm a kicker that happens to be gay," Gendreau said in an interview with the New York Times.

PHOTO: GOBLUERAIDERS.COM

Fight for your right

Orlando Cruz

Ranked No. 4 featherweight by the World Boxing Organization, Orlando Cruz, 31, became the first active professional boxer to publicly come out on Oct. 4, 2012, declaring in a statement, "I have always been and always will be a proud gay man."

In an interview with The Associated Press, the former Olympic athlete for team Puerto Rico said, "I developed physically and mentally to take such a big step in my life and in my profession … knowing that it would have pros and cons, highs and lows, in this sport that is so macho. I kept this hidden for many, many years."

PHOTO: GETTY IMAGES

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‘I never in my life felt bad for being gay’

Don’t hate, just skate. She’s an accomplished and respected hockey player, a two-time Olympic gold medallist, and, she’s a lesbian. Find out what makes Sarah Vaillancourt a role model for women both in and outside of the LGBT community.

JENNIFER MELO
Metro Canada

The 28-year-old retired from Canada’s national women’s hockey team a month ago, after undergoing years of hip and hernia surgeries from sport-related injuries. Today, Sarah Vaillancourt, from Sherbrooke, Que., continues to follow her heart, coaching teen athletes, pursuing a master’s degree with a goal to becoming an ESL teacher and building a house with her girlfriend.

In this exclusive interview, Vaillancourt shares her thoughts on living proud.

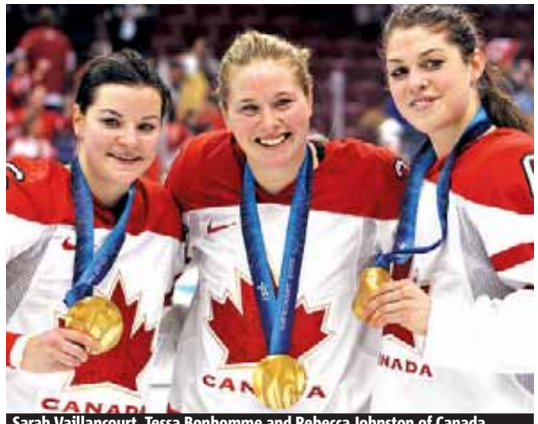
What do you think of NBA player Jason Collins’ decision to come out publicly?
It’s really brave and if more athletes had the courage to do it, it would become something so normal that we wouldn’t even have to say it out loud.

Why do you think so few pro athletes come out?
A lot of athletes are afraid to be seen differently. And they want to be known more for their athletic performances than their sexual orientation.

Do you think sponsorship and endorsement opportunities would increase or decrease after coming out?
Unfortunately, I think they’d decrease. But I strongly hope and wish that at some point, it doesn’t matter … you get sponsorships for the person and the athlete that you are, regardless of your sexual orientation.

What was behind your decision to come out publicly?
To help people suffer less and give them strength.

When I was at Harvard University someone committed suicide, another person tried to, and I later heard that they were homosexuals. Something like that rings a bell in your head. If I can help people come out and be who they want to be — and be who they are — if I can save one or two lives, that goes a long way.


Sarah Vaillancourt, Tessa Bonhomme and Rebecca Johnston of Canada celebrate with their gold medals following their team’s 2-0 victory against team USA at the Vancouver 2010 Winter Olympics. BRUCE BENNETT / GETTY IMAGES

Have you ever experienced homophobia?
No, never. I’ve been really lucky. I don’t think I allow people to be homophobes around me either, so…

How do you do that?
Stand up for yourself. Be proud of who you are. And know that you’re not alone.

Did you have any lesbian role models in sports?
Not in sports, but in my family. Two uncles and one aunt are gay. Even in that generation, they always brought their significant others with them to Christmas parties. Ever since I was born they had the same partners and still do today … my aunt is almost 70. They’re not athletes, but they’re amazing role models for me and for my family. My grandpa and grandma were really ahead of their time. I give them a lot of credit. It had a really positive impact on me too. I never in my life felt bad for being gay.

Sending out a message

As we celebrate Pride Week 2013, what’s one message you’d like to share with the LGBT community?

- “Be proud of who you are as a person — your values, your sexual orientation, your beliefs, everything — just be proud of who you are and follow your heart.”

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Mauritania. Amnesty believes Canadian has been tortured in prison

Amnesty International says it supports the claims of a Canadian who alleges he has been tortured while behind bars in the North African country of Mauritania.

Alex Neve, head of Amnesty's Canadian branch, said he believes 24-year-old Aaron Yoon, who has been in prison since 2011 on terror charges.

Neve said that Yoon also told Canadian government officials who visited him that he had been tortured, so he wants to hear what they are doing about his case. Yoon denies all the charges against him.

"I would say that his torture allegations were vivid and detailed," Neve told The Canadian Press on Tuesday.

"They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania."

Yoon is accused by prosecutors of having links to the terrorists who attacked an Algerian gas plant in January.

Confession

"He was prepared to sign anything. And he did."

Alex Neve, head of Amnesty International's Canadian branch

The terrorists included two Canadians from London, who were found dead at the plant. Yoon and the two men went to the same high school.

He told Neve that he signed a bogus confession after a second round of torture.

"The first time was just a free-for-all of beatings," said Neve, describing how Yoon said he was beaten for about an hour before passing out.

On the second occasion, Yoon's hands and feet were handcuffed behind his back and tied to each other and then tightened, said Neve. Defenceless and lying stomach down in a bow shape, Yoon was beaten for about 20 minutes, he said.

"That's what broke him," said Neve. THE CANADIAN PRESS

Nunavut

Tourists stranded on huge ice floe

Officials were trying Tuesday to rescue tourists stuck on an ice floe in Nunavut.

Nineteen tourists and 12 hunters were trapped when a massive floe broke away from the shore. The chunk of ice floated back Tuesday afternoon. The hunters escaped but the tourists could not from their location.

A Hercules plane dropped life rafts, and the Canadian Forces were sending more aircraft.

THE CANADIAN PRESS

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: he's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will only hold the job until a November election.

THE CANADIAN PRESS

Those who stayed for flood stoke outrage

High River, Alta.
Authorities, citizens blame each other for causing more harm

Kelly Dennis is unapologetic about disobeying a mandatory evacuation order and remaining in her High River, Alta., home while most residents were forced out to high ground as flood waters raged in.

"We saved it," she said Tuesday. "We had a generator pumping."

The lockdown of High River, the hardest-hit community in last week's flooding, has been a major source of tension.

The vast majority of the town's 13,000 residents left when asked last week and now want back in. About 300 stayed, and police have so far opted not to force them out.

On Tuesday, the town's mayor beseeched residents to have some understanding for the monumental recovery task.

"We do not have sanitary sewer. We have no water for those folks. We have no utilities for those folks," an animated Emile Blokland said at an afternoon update.

"When they get here, we have no gas for their cars. We don't have a grocery store open. We don't have the medical centre. We don't have protective services for them."

The people who stayed were making matters worse, said Dave Galea of the Alberta Emergency Management Agency.

Police said eight people who stayed behind have had to be rescued so far. THE CANADIAN PRESS

Six-year-old hippo Lobi explores the African Savannah building on Sunday. HANDOUT/CALGARY ZOO

Zookeepers go on safari

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face.

One of the more spectacular tales is that of the hippos.

According to Jake Veasey, Director of Animal Care Conservation and Research, there was a real danger of the hippos escaping, possibly even into the Bow River.

Once the water levels in the hippo enclosure flooded over, the animals swam out into the public area of the African Savannah building.

Veasey, along with other zoo staff members, risked their lives on a number of occasions to ensure the safety of the animals and the public.

At one point, they managed to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the animals got stuck in a holding area, they were forced to create a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, as they had to don rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," said Veasey.

"There is so much debris that if a hippo submerges, you can't see them."

Although the zoo announced the loss of some peacocks and fish, there's still a danger that more animals may not make it through the coming days.

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U.S. Snowden's flights set back efforts to strengthen ties with Russia, China

The White House pressed Russia Tuesday to extradite NSA leaker Edward Snowden to face espionage charges, despite Moscow's blunt rejection in a diplomatic faceoff threatening recent attempts by the two country's presidents to strengthen their ties.

Snowden's evasion of U.S. authorities already has set back President Barack Obama's attempts to cultivate relations with China. Relations with both countries have been at the forefront of Obama's foreign policy agenda this month. Obama met just last week with Russian President Vladimir Putin and held a two-day summit with Chinese President Xi Jinping in California this month.

Putin said that because there is no extradition agreement with the U.S., it couldn't meet the U.S. request for extradition. "Mr. Snowden is a free man, and the sooner he chooses his final destination the better it is for us and for him," Putin said.

THE ASSOCIATED PRESS

Russian President Vladimir Putin
KIMMO MANTYLA/GETTY IMAGES

'Fugitive from justice'

During a stop in Saudi Arabia, Secretary of State John Kerry said that while it's true the U.S. does not have an extradition treaty with Russia, "we would hope that Russia would not side with someone who is a fugitive from justice."

Obama: Keystone must be in his 'nation's interest'

U.S. President Barack Obama removes his jacket before speaking about climate change Tuesday, at Georgetown University in Washington. Obama is resorting to his executive powers to tackle climate change and sidestep the partisan gridlock in Congress. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Debate heats up. U.S. president says pipeline should only be approved if it doesn't increase greenhouse emissions

American authorities should only approve TransCanada's Keystone XL pipeline if they're certain it won't "significantly exacerbate" greenhouse gas emissions, U.S. President Barack Obama said Tuesday as he unveiled a national plan to combat climate change.

In a highly anticipated speech on his climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

The president's comments came as he provided details of new climate-change regulations that will cut carbon emissions at power plants and require federal projects to better prepare for extreme weather.

He'll use his executive authority to implement most of the proposals, bypassing congressional lawmakers reluctant to move on climate change. THE ASSOCIATED PRESS

Quoted

"This pipeline has been the most studied pipeline in the history of the world."

Joe Oliver, Canada's natural resources minister, citing a report saying that the U.S. already has evidence the Keystone pipeline won't have an impact on emissions levels.

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Sponsorship. Adidas strikes deal to supply Olympic team

Canadian winter Olympian Meaghan Mikkelson speaks at an event announcing the sponsorship of the team by Adidas in Toronto on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outwear layers for outdoor training and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speed skater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

THE CANADIAN PRESS

Retail. Indigo to launch stores outside Canada in two years

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products.

Chief executive Heather Reisman said Tuesday that the firm plans to launch brick and mortar stores outside of the country in about two years, though she declined to say which markets the retailer is considering.

The book seller has been trying to boost its profitability by stocking more high-margin products, such as gifts, toys and lifestyle items, in an effort to adapt to shifting consumer trends, a plan that will expand to a rebranding of some sections of its stores. Indigo said it will revamp many of its large format stores to fall in line with the growing popularity of the store-within-a-store concept at many other retailers. The plan would draw attention to its existing Indigo Kids brand, as well as new labels like Indigo Tech and Indigo Home.

"The new physical format store will feel like you can meander through a series of shops, each one anchored by books," said Reisman.

Booksellers have been struggling lately as consumers shift toward digital reading.

However, Reisman said physical books will continue to be the cornerstone of Indigo's business. "Books will remain at the heart and soul of this company, and as long as there are people on the planet who want to buy physical books, we are deeply committed to physical books, both in store and online," she said.

The book seller has been trying to boost profitability with gifts and lifestyle items — like this Hello mug. INDIGO.CA

THE CANADIAN PRESS

Market Minute

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Vanessa Hussey, *Beetle*, 12pm; May 17, 2013 – Copper Creek Golf Club, Kleinburg

TRUE NORTH STRONG AND FAT

JUST SAYIN'

Paul Sullivan
metronews.ca

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

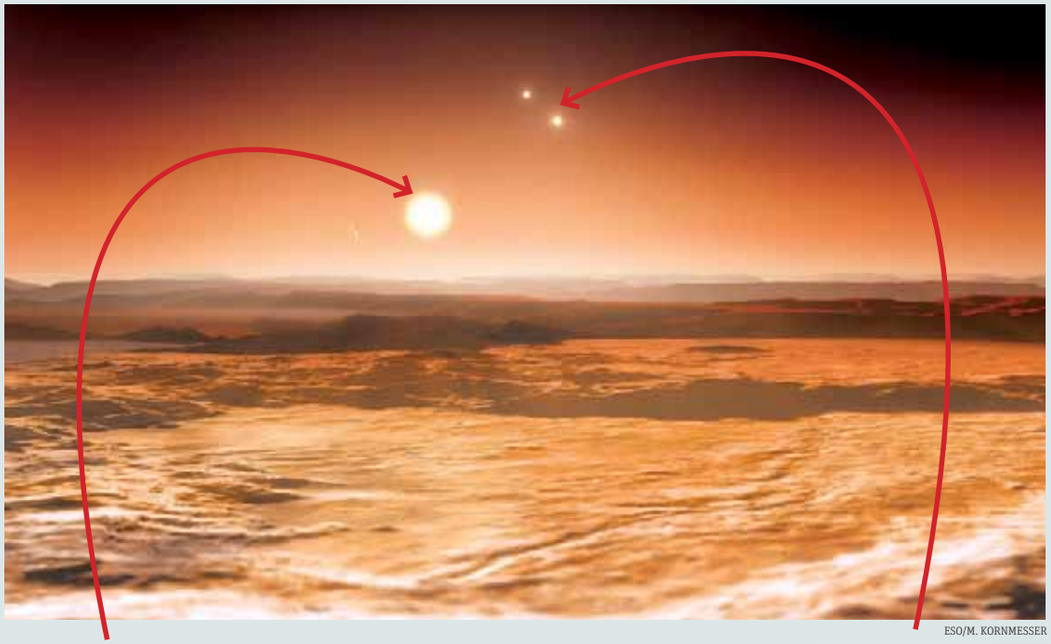
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

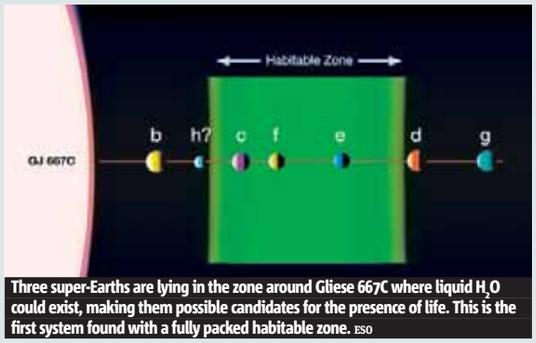
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or "Goldilocks" zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). METRO



Three super-Earths are lying in the zone around Gliese 667C where liquid H_2O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. ESO

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C, pictured, is classified as a low-luminosity "M-dwarf" star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:
A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties.
(ilovecharts.tumblr.com)

Dear Coquette:
A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappointments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:
This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy.
(explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? it should be ABOLISHED!

@zephryus47: 340 million in economic spinoffs from the stampede. of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER Its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

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Send us your comments: torontoletters@metronews.ca

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Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate

IN FOCUS
Richard Crouse
scene@metronews.ca

Sandra Bullock and Melissa McCarthy star in The Heat — a rare female buddy cop movie. HANDOUT

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend The Heat will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — Bonnie & Clyde vs. Dracula, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture Beaches, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.

One more

Finally, Whip It, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the Wind Beneath Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like Hannah and Her Sisters and Annie Hall it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

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Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, tweeted, "I didn't do anything" — before quickly deleting it.

Chris Brown. ALL PHOTOS GETTY IMAGES

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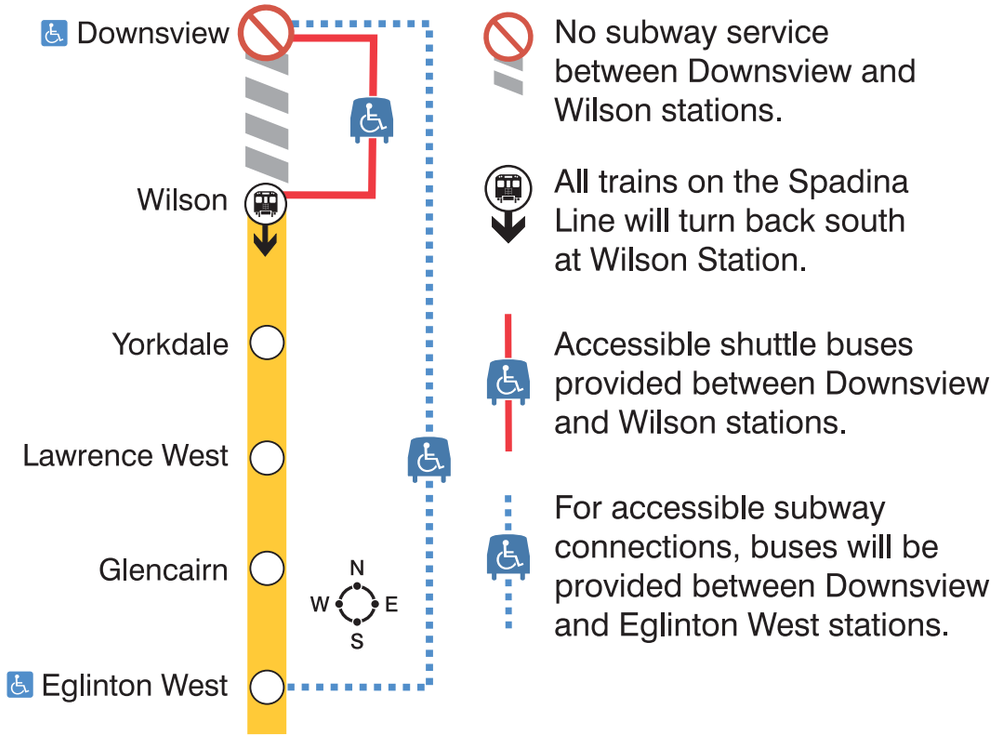
Downsview Station closure
Rail installation

Saturday, June 29, 2013



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The Word

Who needs love when you have a few million in the bank?

THE WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl!

It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring, which was designed by Rotella, on her blog and to People magazine. The 18-carat yellow diamond ring is surrounded by pink and yellow flowers made from diamonds. And, oh yeah — owls.

"Because we love owls, there is a hidden owl engraved on the rose gold in between two of the flowers," she says. "The band is art nouveau-inspired, to go with the flowers."

Holly Madison's ginormous, owl-themed ring is hopefully big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than $2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials. Rotella would use the coliseum to host raves.

Rotella is currently out on a $1.8 million bail and is due back in court on July 29. So basically, Madison, who was previously engaged to the 80-something Hugh Hefner, likes to choose mates who she thinks she won't have to be with for very long.

Canada Day

Patriotic places in our great country

ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a key historical role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.
In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

The Cave & Basin National Historic Site, Banff National Park, Alta.
The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience. It was the first created by, and gave birth to, our national park system.

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Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE
Metro World News in New York

Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant
The Devil Wears Prada (2006)
Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's greenmarket fare, hopefully your boss doesn't interrupt.
Getting there: 43 E. 19th St., 212-780-0880

Sardi's
The Muppets Take Manhattan (1984)
Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in The Muppets Take Manhattan. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.
Getting there: 234 W. 44th St., 212-221-8440

Lenny's Pizza
Saturday Night Fever (1977)
There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst.
Getting there: 1969 86th St., Brooklyn, 718-946-1292

Pershing Square Cafe
Friends With Benefits (2011)
Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast in New York."
Getting there: 90 E. 42nd St., 212-286-9600

Cafe Lalo
You've Got Mail (1998)
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambiance make a perfect setting for a first date.
Getting there: 201 W. 83rd St., 212-496-6031

The taste is orgasmic

When Harry Met Sally (1989)
Katz's Delicatessen 205 E. Houston St., 212-254-2246
Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

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Wisconsin: There's more here than cheddar

Lake Elkhart. A state synonymous with cheesehead hats also offers plenty of adventures, both outdoor and indoor

VAWN HIMMELSBACH
life@metronews.ca

One usually associates the word "Wisconsin" with the word "cheese."

But there's a lot more to this state than rolling hills and dairy products. Lake Elkhart, a few hours' drive from Chicago, makes a great city escape for those seeking a lakeside resort with plenty of unexpected adventure on offer.

From a European racetrack to a French cooking school, Wisconsin just might surprise you.

Here are five ways to experience Lake Elkhart, no cheddar required:

Learn to drive a race car

Since 1955, when the state legislature banned racing on public roads, Road America has become one of the country's premier racing venues. In addition to pro and amateur racing, America's National Park of Speed hosts year-round activities, including an on-track tour that allows you to drive your own race car around the four-mile, 14-turn racetrack. Go off-roading in an ATV and take in the scenery (and mud!) around 640 acres of grounds, or try your hand at karting on a challenging hillside slalom course that, with 50 feet of elevation change, isn't exactly your typical kiddie go-kart experience.

Learn how to cook a gourmet French meal

Sure, Wisconsin isn't exactly synonymous with French cuisine, but at Lake Elkhart's L'ecole de la Maison cooking school you'll learn the art of French-style comfort food — and you'll get to eat everything, too. Under the instruction of The Osthoff's chef Scott Baker, you'll learn how to make classic dishes such as French onion au gratin, coquilles St. Jacques, tournados of beef au poivre, crêpes suzettes and, of course, French baguettes. The school offers half-day, one-day and two-day courses, which are faithful to traditional recipes but geared toward novices.

Discover fine dining

It may be a small town (where you start to feel like you know the locals after a couple of days), but Lake Elkhart has a surprising variety of top dining options. Try the Paddock Club, which takes its name from the legendary gambling club of the early 1900s. The menu mixes seasonal ingredients with European culinary traditions; be sure to enjoy a cold Wisconsin beer at the turn-of-the-century bar. The Lake Street Café has an extensive (and award-winning) wine list, and its menu features dishes made from scratch with fresh ingredients. Try the elk strip loin, grilled medium rare, with pancetta gruyere potato gnocchi. To take home a taste of Wisconsin, head to the Vintage Elkhart Lake Wine Shop and Tasting Bar, where you'll find a unique selection of local wines as well as local artisanal cheeses, olive oils and vinegars bottled to order.

Get active: Kayak, bike or sail

The town's resorts and outfitters rent everything necessary for outdoor adventure. Take out a hydro-bike, canoe, kayak, sailboat or paddleboat on the lake. Or rent a mountain bike and head to the Kettle Moraine State Forest.

If you go...

- **To get here.** Fly into Milwaukee County's General Mitchell International Airport; from there, it's a 90-minute drive to Lake Elkhart.
- **Where to stay.** Siebkens is a turn-of-the-century resort, currently run by the fourth generation of the same family. Siebkens offers condominium hotel suites in its Lake-view building, standard hotel rooms in its Elm Park building and B&B style rooms in its Lake Cottage.

Detox with some sage and cedar

Legend has it that Lake Elkhart got its name from the Potawatomi Indians, the original tribe of the area, who called it "Great Elk Heart Lake." They believed the water had curative powers — and you can experience its healing effects for yourself at Aspira Spa, which takes an organic, holistic approach to healing therapies. In the signature sacred waters massage, water from the lake is heated in buckskin pouches, which are placed on the body to dissolve muscle tension. And the signature cedars massage incorporates fresh native cedar, which is used by Native Americans to purify and protect.

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That green giant has nothing on this scrumptious Bowl of Green Goodness

NICOLE MACPHERSON
yummymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Drink of the Week

Alto Frizzante

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- 4 oz Prosecco
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Talk back

@TalentEgg: #QuestionoftheDay: How do you unwind after an especially long or tough day (at work or school)?

- **@SamBoucher24:** sweatpants and a glass of wine! #questionoftheday
- **@Recruit_Campus:** A long run!!!
- **@Shannon4RBC:** Dogs always find a way to make the worst days eggcellent :)
- **@ShabShah:** the best way possible: hot shower, then bed early (Unless it's been a frustrating day too, in that case I go to the gym).
- **@megsgreaves:** curl up with a cup of tea and my favourite show! #questionoftheday
- **@Liam_Duff1:** a long run or a visit to the gym, sometimes both depending on crazy the day has been! #QuestionoftheDay

A closer look: When choosing a new hire, employers often search for assurance that what you're presenting on your resumé is credible. Have a few reviewable resources available. ISTOCK

Walking the walk is key in today's work search

What employers are looking for in new hires. Hint: It's more than just a simple piece of paper

MEGHAN GREAVES
TalentEgg.ca

If you're a member of Gen Y, you know that the job market is competitive. There are more students, more grads and more highly-educated individuals on the job hunt than ever. This can make it difficult to hatch your career and stand out amongst fellow graduates

Employers are now looking for candidates who have qualities that complement their "piece of paper" (and no you don't need to spend more money to get them).

Here are three things that employers are looking for in a new hire to keep in mind for your job hunt.

Enthusiasm and initiative

Employers are always looking for candidates who are willing to go the extra mile. During the application and interview process, you can do this by following up on your application or adding in something unique. To an employer, this shows that you actually want the job and are motivated to get it.

Relevant experience

Having previous related experience often makes it or breaks it during the hiring process for an employer.

Related experience can come in many different forms and doesn't always have to be the exact same role you're being hired for, such as a part-time job where you developed skills that will be beneficial for the role you're applying for, volunteer work, or projects you were a part of during school.

You'd be surprised at the number of skills you've developed during school that stand out to an employer.

Back it up!

References and testimonials

- References and testimonials are great things to include in your application as they support what you're presenting on your resumé.
- Depending on the role you're applying for, you can include brief testimonials as a part of your resumé.
- Another option is including the link to your online professional profile (i.e., LinkedIn) where an employer can read recommendations and references from others.

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Graditude: Conquering the world with kindness

I'd like to thank... As you head out on your path, make it a habit of acknowledging those who've helped you along the way

CLARE TATTERSALL
TalentEgg.ca

During convocation day at Western University last week, I spent the day watching our lovely students with faces bright and full of pride parade around in their black gowns. As I stood at the back of the room witnessing the closure of their years of study, I wondered what was running through their minds. Do they feel full of hope? Do they feel full of potential? I sure hope they do, and not just in that moment, but in the days, weeks, months and years that follow.

Later in the week, I Googled the top convocation speeches of all time. So many of them focus on the idea that you can do anything, don't let anything stand in your way, follow your dreams…

Who will you have in mind as you make your way across that stage?
ISTOCK

Although I too want students to be determined and persevere, it was in a much humbler act that I found my insight for this article.

When I was gathered on the lawn with our graduates, I ran into a particularly lovely and successful student. She had a handful of thank-you cards that she had carefully prepared and thoughtfully written for the occasion. She handed me a card and the message inside was so full of honest and generous gratitude that I felt a rush of warmth.

On a day that is all about her accomplishments, she had likely spent hours thinking about others and the parts that they have played in her success.

To experience persistent and overwhelming gratitude, that is my hope for our graduates. You lose nothing by acknowledging the contributions of others. In fact, the greatest leaders I have known are the ones who happily admit that they could not have done it alone.

So go out into the world, persevere, work hard and follow your dreams. But do it with gratitude and you will find that you are happier and more resilient. Congratulations graduates!

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

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IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

AJA/VEER

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)
- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.
- Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.
- Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)
- Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffling, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system – manufactured supplements and food. Here are some probiotic-rich foods you might want to try:

- **Yogurt** – Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** – This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** – You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** – Look for brine-cured pickles that don't contain vinegar
- **Kimchi** – This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.

STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes." says dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally ... Food I Can Eat.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

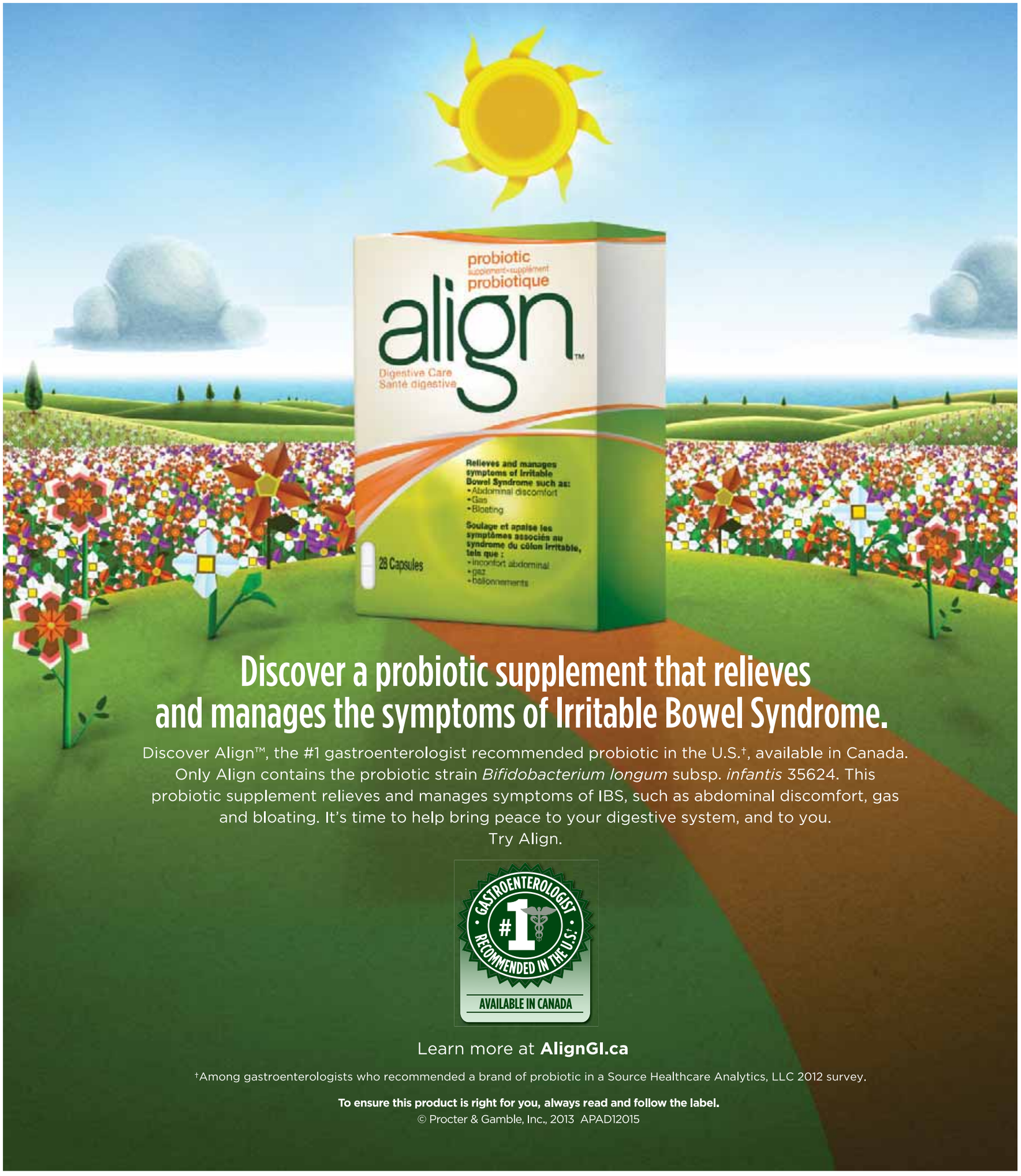
According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," helping to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

NEWS CANADA

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes

Total Time: 35 minutes

Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads, veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

YELENA KOVALENKO/VEER

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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† Source Health Care Analytics, 2012. © 2013 P&G

TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

• Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.

• Never "grab a bite" from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.

• Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to drink, you use use one of three purification methods — a filter, chemical tablets, or boiling.

YURI ARCURS/VEER

• In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of water including mango, watermelon, and grapes.

• Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).

• It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the "runs" can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, "diarrhoia" meaning "a flowing through," occurs when something disrupts the routine in your digestive system.

Loose bowel motions or diarrhea happens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally… Food I Can Eat, summertime is ripe for tummy troubles such as diarrhea.

"The healthier your gut, the fewer symptoms you'll have," says Plant, who offers up these tips for tummy troubles:

• Taking a zinc supplement can help keep your immune system and gut healthy.

• Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.

• For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes you've lost.

NANKA (KUCHERENKO OLENA)/VEER

• If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a little lemon juice and honey for an extra bit of flavour.

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.

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PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium.

And don't forget — when taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

WAYS THAT SUMMER CAN ROB YOU OF REST

LIGHT, NOISE, HEAT CAN AFFECT SLEEP

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

From rising temperatures and extended daylight to annoying pollen allergies, summer could have you rethinking your sleeping strategy.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But the extended daylight can come at a cost. Since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can actually make your allergies worse. If problems persist, ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. Outdoor parties that extend far into the night can keep you awake well into the wee hours. If noise is a problem, earplugs or a white noise machine might help.

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

If you're interested in learning more about sleep, including sleep disorders and research, and also where to find sleep medicine clinics in Canada, visit the Canadian Sleep Society at canadiansleep-society.ca.

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HERE COMES THE SUN AND SHADES

PROTECT KIDS' EYES FROM HARMFUL UV RAYS IN SUMMER

NEWS CANADA

Make sure to protect your kids' eyes this summer because children's vision is at greater risk of damage from UV rays, warn Canadian doctors of optometry.

Kids wearing sun glasses to shield their eyes from harmful ultraviolet (UV) radiation is just as important as slapping on sunscreen to protect their skin.

Just as the sun causes sunburn, UV light is also absorbed by the tissue of the eye and can cause serious eye damage. Children are more vulnerable than adults, says Dr. Riaz Ahmed, spokesperson for Doctors of Optometry Canada.

"The crystalline lens in children's eyes is less capable of filtering UV than in adult eyes, resulting in greater risk for internal eye damage later in life," says Dr. Ahmed. "This is particularly concerning as children spend more time outdoors than the average adult. It's estimated that children receive approximately three times the annual adult dose of UV."

Because exposure is cumulative, direct contact with sunlight for even short periods of time can cause several long-term eye health problems, many of which begin symptom-free.

For children, the first years are formative to their future vision and eye health, says Dr. Ahmed.

The World Health Organization estimates that up to 80 per cent of a person's lifetime exposure to damaging UV radiation occurs before the age of 18. Conditions directly related to it include: cataracts, macular degeneration, cornea sunburn, tissue growths on the surface of the eye that can eventually block vision, as well as eyelid skin cancer and malignant melanomas in the eye.

Protecting your child now will decrease the potential for serious eye problems later in life. A close-fitting, wrap around style frame that protects both the skin around the eye, as well as the eye itself, is recommended. So, too, are 100 per cent UVA and UVB blocking lenses. A wide-brimmed hat tops things off.

While tests have shown that inexpensive sunglasses can provide full UV protection, the quality of materials and consistency of the tints may be inferior. Such imperfections can distort children's vision, causing a mild headache or eyestrain when sunglasses are worn.

"Before choosing sunglasses, children should have a thorough eye examination to ensure their eyes are healthy and to take any current eye conditions into consideration," says Dr. Ahmed. "At the very least, have their sunglasses assessed by a doctor optometry to ensure that your child is wearing a good quality product."

More information can be found in the Eye Heath Library at doctorsofoptometry.ca.

- News Canada

WEIGHT LOSS, SAFELY

NEWS CANADA

When it comes to losing weight, many of us look to celebrities for quick tips on how to squeeze into those skinny jeans or little black dresses. While ultra-low calorie diets tend to be part of celebrity lifestyle, registered dietitian, Luke Corey, cautions Canadian teens and women who look to the stars as guides to make healthier choices.

"Over the years, several A-listers have talked about their strict macrobiotic diets where they would typically eat celery sticks for breakfast, lentil soup for lunch and salmon with brown rice for dinner. That's less than 1,000 calories per day which is not even healthy for an inactive woman," warns Corey. "Instead, I urge my clients to focus on their overall health and wellness goals and to follow Health Canada guidelines which recommend active women should eat 1,500 to 1,800 calories per day."

Whether you're a celebrity or not, Corey suggests following these simple tips to look and feel great:

Write it down: Seeing your fitness or weight loss goals in print and making it a binding contract with yourself or someone else makes it real. Writing goals down, making a plan and journaling as you make progress helps you to stay committed.

Make your plan public: Be accountable for achieving results. Post it on Facebook or tell your friends. You may also want to find someone with similar goals so you can make plans to work out together. Many of Corey's clients find it helpful to share challenges and successes.

Indulge on occasion: Those who enjoy their favourites in moderation are more likely to stick to and reach their weight loss goals. Love soda pop? Corey suggests trying portion-controlled options like Coke mini-cans which have 100 calories or less per serving. "Depriving yourself is a recipe for disaster, so enjoy your favourites, but do so in moderation."

Reward yourself: Be sure to measure your progress and reward your achievements. As an elite athlete, Corey notes that, "One of my favourite ways to reward myself after a week or two of hard workouts is to get a massage."

- News Canada

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Milos Raonic returns the ball to Carlos Berlocq during their first-round Wimbledon match in London on Tuesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Raonic finds his footing on grass

Wimbledon. No. 17 seed smashes through first round with straight-sets win

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, needed less than two hours to complete the 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

It has been 25 years since four Canadians won first-round singles matches at the same major. Sebastien Lareau, Daniel Nestor, Sonya Jeyaseelan and Jana Nejedly last accomplished the feat at the Australian Open in 1988.

Raonic, who has struggled of late to get his grass-court game in form, said he was happy with the way he played Tuesday.

"My game feels a lot better than last week," Raonic said. "We worked on a lot of things. Also, this is a grand slam and you bite down harder."

The 22-year-old had 19 aces and just 18 unforced errors in the match.

"I kept the pressure on (Berlocq) the whole time," Raonic said. "I'm feeling much more comfortable on grass. I've had moments in the past when I doubted myself, but I'm playing with more peace and confidence."

Raonic's next opponent will be Igor Sijsling of the Netherlands, who beat American Alex Kuznetsov 6-3, 6-4, 6-4.

Ottawa's Jesse Levine also won his opening match Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories. THE CANADIAN PRESS

Big names bring A games

Top-ranked Novak Djokovic also opened his campaign with a straight-sets victory, beating Florian Mayer of Germany 6-3, 7-5, 6-4.

- On the women's side, Serena Williams looked every bit the five-time champion as she began her Wimbledon title defence with a routine 6-1, 6-3 victory over Mandy Minella of Luxembourg.

THE ASSOCIATED PRESS

CFL. Argos fortify ship with Owens extension

The Argonauts locked up star Chad Owens with a two-year deal on Tuesday. TORSTAR NEWS SERVICE

Chad Owens is putting his fledgling mixed martial arts career on hold.

The Toronto Argonauts receiver/kick-returner signed a two-year contract extension with the CFL club Tuesday and said he won't return to the Octagon during the course of his new deal.

"I'm not going to jeopardize what they've honoured me with and given me," Owens said following Tuesday's practice. "As far as MMA training, I'm still going to do some of those things ... because of the cardio and it's fun.

Quoted

"This is for real this week. This is where points matter."

Chad Owens can't wait for Friday, when the Argos' 2013 season begins at the Rogers Centre against the Tiger-Cats.

"As far as stepping into the Octagon and fighting, I can't do that."

Toronto also added former longtime kicker-punter Noel Prefontaine to the practice roster behind Swayze Waters.

Owens, 31, was the CFL's outstanding player last season after posting a league-record 3,863 all-purpose yards and leading it in receiving (94 catches, 1,328 yards, six TDs). The native of Hawaii capped the 2012 campaign in style, helping Toronto win the 100th Grey Cup game at Rogers Centre.

He was entering the option year of his previous agreement and would've become a free agent in February 2014. Owens raised eyebrows last April when he participated in his inaugural MMA event in Hawaii, winning his match. THE CANADIAN PRESS

Sports in brief

1 Soccer star recognized.

Sinclair to join Walk of Fame

Soccer star Christine Sinclair was announced as an inductee to Canada's Walk of Fame on Tuesday.
THE CANADIAN PRESS

2 Next stop Vancouver.

Canucks hire Tortorella

John Tortorella was introduced as the Vancouver Canucks' new head coach, replacing Alain Vigneault.
THE CANADIAN PRESS

3 Calling it quits?

Flames won't give up on Kipper

The Calgary Flames will try to persuade Miikka Kiprusoff to reconsider his reported decision to retire.
THE CANADIAN PRESS

R.A. Dickey's ability to throw his knuckleball around 83 m.p.h. helped him win the NL Cy Young award and lead the league in strikeouts with 230 in 2012. Dickey has yet to recreate that velocity this season with the Blue Jays. ROB CARR/GETTY IMAGES

Dickey getting back up to speed with Blue Jays

MLB. Knuckleballer's velocity slowly rising back to levels of 2012 Cy Young season

R.A. Dickey doesn't blow his knuckleball by hitters, but velocity is still important.

His ability to throw 80 m.p.h. and higher is what separates him from his knuckleball predecessors, and what made him so successful last season.

Dickey essentially has three different knuckleballs: One he throws in the low-70s, another in the mid-70s and a third, which registers in the 79 to 83 m.p.h. range.

This season, Dickey's average knuckleball velocity is down 2.1 m.p.h. (dropping to 75.1 m.p.h. from 77.2 m.p.h. a year ago). The slowdown is due to his inability to throw his hard knuckler while he dealt with nagging back and neck pain from mid-April through to the end of May.

He admits the decreased velocity, while seemingly marginal, has played a major role in his struggles this season.

"All the analysis would point to that being a contributing factor," he said Monday in Tampa Bay. "It certainly helps me from a confidence standpoint when I know I can throw an 80 m.p.h. knuckleball at will.

"I'm almost there ... I can throw a 78-79 m.p.h. one at will."

Dickey, holder of a disappointing 5.15 ERA, will make his 17th start for the Blue Jays on Wednesday in the finale of their three-game series against the Rays. He is hoping to build on some of the positive signs of his recent starts.

Dickey's average velocity in his last two starts was 75.8 and 75.9, respectively, the highest it has been since the second week of the season.

While he gave up three home runs in his last start against Baltimore on Friday, he also posted his second-highest swing-and-miss rate this season.

"I do feel like in the last two or three weeks ... I've been better at feeling comfortable. (Monday) I threw a side and it felt very familiar to last year."

Dickey says the pain in his upper back and neck is completely gone — "I have no physical issues at all right now" — but he is still strengthening his arm and trying to lose some bad habits he picked up in his delivery while compensating for the pain.

"Those hopefully will be ironed out, even by this outing," he said. TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Tuesday night's game in Tampa Bay.

Return to the top

Jose Reyes will return to the Jays on Wednesday after spending more than 10 weeks on the disabled list, the club announced late Monday night.

- The star shortstop will resume his position atop the order.
- Reyes' return could spell the end of the line for Munenori Kawasaki, Reyes' replacement at shortstop who is the logical choice to be optioned back to Triple-A Buffalo.

Tagged in the wrong photos this long weekend?
We'll have plenty of new job postings come Tuesday.

Search more than 6,000 new job postings every week.

What happens on the long weekend should usually stay there. But if it doesn't, we've got you covered with the most jobs from Canada's top employers. It's what makes Workopolis Canada's number one job site.

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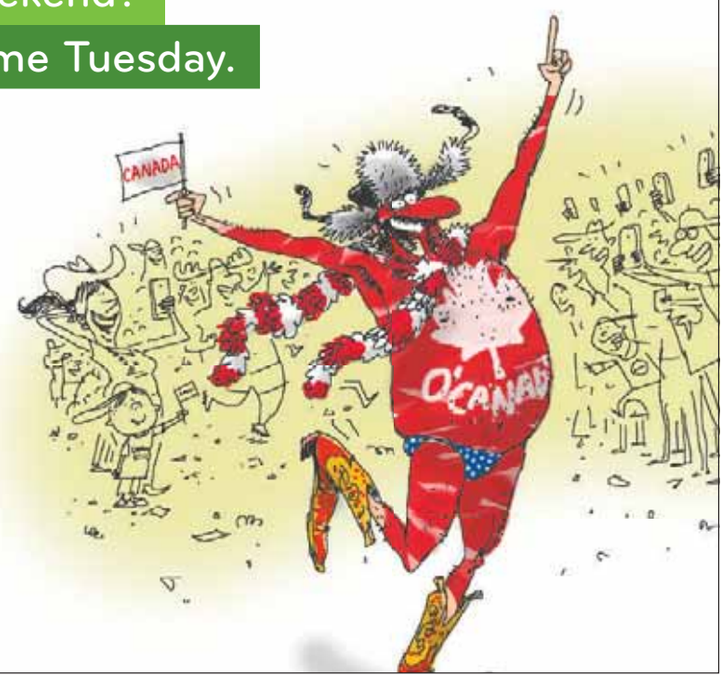

"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

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HONDA

[Ω]Limited time lease offers on any new 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models available through Honda Financial Services Inc., on approved credit. Representative bi-weekly lease examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) on a 60 // 60 // 60 month term with 130 // 130 // 130 bi-weekly payments at 2.99% // 1.99% // 3.99% lease APR and $0 // $0 // $200 customer incentive and $354 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes (customer incentive and dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program). The bi-weekly payment is $88 // $140.66 // $143.42 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Civic DX), and OMVIC fee ($5)] with $0 // $0 // $0 down payment or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,440 // $18,285.80 // $18,644.60. 120,000 // 120,000 // 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. [†]Receive 1.99% // 1.99% // 3.99% purchase financing on any new 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models for a maximum of 84 // 84 // 84 months available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models on an 84 // 84 // 84 month term at 1.99% // 1.99% // 3.99% APR and $1,600 // $2,395 // $1,750 Finance incentive and $0 // $0 // $200 customer incentive and $431 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to Finance contracts through HFS. Finance incentive, customer incentive and individual dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970 // $27,765 // $25,765 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration]. Cost of borrowing is $1,077.28 // $1,829.20 // $3,519.44 for a total finance obligation of $16,016.28 // $27,199.20 // $27,334.44. $0 // $0 // $0 down payment required based on approved credit from Honda Financial Services Inc. [#]Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is $471.21 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,309.04. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [^]Receive 0.99% purchase financing on any new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 48 // 24 // 48 months available through Honda Financial Services Inc., on approved credit. Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $590.20. Cost of borrowing is $564.60 for a total finance obligation of $28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. [◆]Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. [•]$4,000 // $4,000 // $3,000 // $2,500 // $2,000 // $1,500 // $1,000 // $500 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Crosstour // 2013 Honda Accord Coupe and Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Fit (except DX, model GE8G2DEX) models when registered and delivered between June 1 and July 1, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. [••]Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.

Presenting the 2014 Acura MDX

ALL PHOTOS WHEELBASEMEDIA.COM

Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce annoying road noises.

Acura claims the more aerodynamic body structure weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's $51,900 list price by at least a few thousand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops $67,900.

However the improved AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

Compare

1 Infiniti JX
Base price: $47,000

2 Buick Enclave AWD
Base price: $46,100

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

A new car? ... All in (less than) a day's work

Autoknow. From start to finish each car at the impressive General Motors of Canada plant takes just 22 hours and they can make up to 750 vehicles per day

JOE KNYCHA
wheelbasemedia.com

One of the plant's models receives a spray job on its short journey to being completed.

The Oshawa plant builds six different car models. ALL IMAGES WHEELBASE

You're driving around in your new 2014 Chevrolet Impala, groaning about the traffic, the misty weather and wondering about whether you forgot to pack the power cord for your laptop.

But what about the miracle of the automobile, and how it came to be that this new Impala ended up on the road under you?

A team had to design the look, engineers had to sort out the powertrains and supporting systems, others had to make the parts look pretty and shiny and another other person, or team, had to make it work so seamlessly that you never give its operation a second thought. And then someone has to build 750 of them every day.

The first thing to tip off a visitor that the sprawling General Motors of Canada Oshawa Assembly Plant isn't your average production line is the almost eerie silence of the place.

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line, making it one of North America's most efficient state-of-the-art automobile production plants.

It is capable of building a variety of vehicles to an array of trim and equipment levels all at one time, in any combination.

As visitors strictly adhere to safety paths throughout the near nine million square foot (840,000 square metre) facility, an unending progression of four different GM vehicles moves slowly but steadily in various stages of build and finish, gliding nearly silently on automated dollies, along moving floors and overhead on elevated lines.

Plant launch operations manager Ted Lang explains how engines, alternators, compressors and electronic and other components all come together to comprise, in the end, either a Chevrolet Camaro (in coupe, and convertible trims), Buick Regal, new Chevrolet Impala or Cadillac XTS. Each one, he notes, represents a customer's order, and each must exactly match its order sheet.

The deafening din, incessant clanging of heavy metal and flashing hellfire that one might expect from an industrial complex that pumps out 750 vehicles a day (jumping to 1,000 with a third shift coming online this spring) simply isn't there.

A mild background hum is about as wild as it gets, interspersed by the whine of pneumatic wrenches as line workers at height-adjustable stations systematically install the guts and gears of each vehicle in well-lit, shirtsleeve conditions.

State of the art

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line.

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

About 3,300 people will call Oshawa Assembly their workplace when a third shift comes on line in May, says Lang. They'll be making vehicles bound for not only the United States and Canada, but also the Middle East, Europe and China.

Flexibility means rapid adaptability, Lang adds, saying that a flexible manufacturing line enables the plant to switch quickly to meet customer and vehicle market changes, and to produce a multitude of vehicle models and platforms, all on the same assembly line.

The complex also boasts a leading-edge vehicle paint facility that set a new standard for Canadian automotive plant paint-shop-emission reductions, he said, reducing volatile organic compound (VOC) emissions by 50 per cent per vehicle.

From start to finish, each vehicle takes less than a day — about 22 hours, start to finish — to complete.

The logistics involved in achieving the capacity to smoothly build 1,000 differently-equipped cars each day requires not just a dedicated workforce, says Lang, but also computer-aided assistance at every step and no end of just-in-time delivery of every part required, getting them in place at each individual station along the line without interruption.

Wheel-and-tire packages are ready to go for the cars that drift by on the line.

Quality checks are performed frequently throughout the entire process, he said.

If a vehicle is found to have a problem or doesn't exactly meet the customer's specific order, it is removed from the line for correction without affecting the progress of the other vehicles, then re-inserted when the issue has been addressed.

Meanwhile, GM's nearby Consolidated Assembly Line produces the Chevrolet Equinox tall wagon and the last-generation Impala, which will continue to be sold to fleet markets in the United States.

Lang and his colleagues throughout the plant demonstrate a sense of pride in their high-tech, efficient and state-of-the-art plant, and in the vehicles that it produces.

They just don't make a lot of noise about it.

Silence is golden

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

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Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print: €, †, ❖ The Canada Days Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers between June 24 and July 2, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595 – $1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €$10,750 in Total Discounts are available on new 2013 Ram 1500 models (excluding Reg Cab) and consist of $9,250 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. †0% purchase financing for up to 36 months available on new 2012/2013 Jeep Compass and Patriot models and new 2013 Dodge Dart models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance on 2012/2013 Jeep Compass, Patriot and 2013 Dodge Dart models. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Dodge Dart SE (25A) with a Purchase Price of $16,995, with a $0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of $217.88 with a cost of borrowing of $0 and a total obligation of $16,995. ❖NO PURCHASE NECESSARY. Contest begins June 24, 2013 at 9:00:00 a.m. ET and ends July 2, 2013 at 11:59:59 p.m. ET. Contest open to legal residents of Ontario who have reached the age of majority at the time of entry. One (1) entry per person. To enter, you must visit any participating Chrysler, Jeep, Dodge and Ram retailer during the contest period and purchase/finance/lease any new 2012, 2013 or 2014 Chrysler, Jeep, Dodge or Ram vehicle (excluding SRT Viper models). Seven (7) grand prizes available to be won, consisting of a one thousand dollar ($1,000) Esso gift card. Mathematical skill-testing question required. Odds of winning depend on the number of eligible entries received. For complete contest rules, including no purchase means of entry, go to: http://www.dodgeoffers.ca/en/gas/ON. ®Jeep is a registered trademark of Chrysler Group LLC. ™SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Crash test facilities a credit to Canadians

Driving force. PMG's award-winning work is part of the reason why there are less and less fatalities on our roads

JIL MCINTOSH
drive@metronews.ca

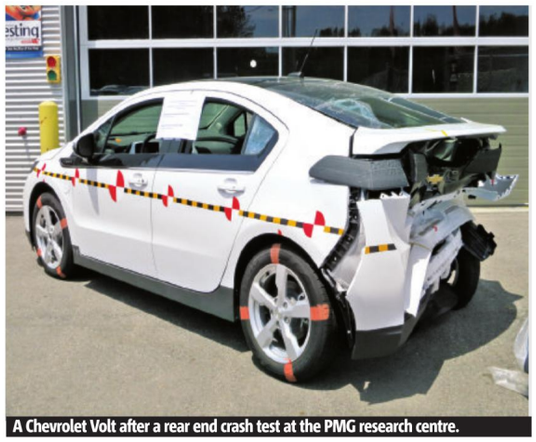
Although there are more cars on the road each year, the fatality rate in collisions is consistently dropping. It isn't because drivers are getting better, but because vehicle safety is continually improving.

Part of the process is crash testing. Most of our crash data comes from U.S. government testing, but Transport Canada also maintains a Motor Vehicle Test and Research Centre, managed by PMG Technologies in Blainville, Quebec. "We verify the compliance with Transport Canada safety standards," says Alain Bussières, president of PMG. "We need to ensure that occupants will be protected in the passenger compartment."

Facts

- **Airbags not mandatory.** Although the U.S. requires all new cars to have front airbags, they're not mandatory here. Instead, Transport Canada sets a front seat safety standard. Since airbags meet the standard, and they're putting them in cars for the U.S. anyway, that's what automakers use.
- **Seatbelt tests.** In addition to frontal crashes, PMG also tests seatbelts with a moving "sled," and uses platforms and ramps for rollover and side-impact crashes.
- **Precision.** Crash tests must be absolutely precise, since hitting even a few millimetres off the target, or at the wrong speed, can create inaccurate data.

Vehicle standards between Canada and the U.S. are mostly harmonized, but there are a few regulations that differ, and PMG tests to ensure that the Canadian requirements are met. Transport Canada also does random "spot checks" to ensure the crash safety of high-volume vehicles. They're purchased from dealerships, rather than directly from manufacturers, to make sure they're not specially prepped and are the same as a consumer would get.


A Chevrolet Volt after a rear end crash test at the PMG research centre.

A front crash test at the PMG research centre. BOTH PHOTOS JIL MCINTOSH

PMG does more than just slam vehicles into each other. It also tests such things as seatbelts, roof strength, brakes, bumpers and child seats. "If there is a failure, a report will be issued to Transport Canada," Bussières says. In some cases, this could lead to the manufacturer having to issue a recall.

In addition to government testing, PMG is available as a third-party facility for automobile and component manufacturers.

While many companies have their own test facilities, they may not have some of the higher-tech equipment.

A sophisticated crash-test dummy for measuring side impacts can cost between $300,000 and $500,000, with a few as high as $1 million. This is the type of equipment that only very large automakers or government agencies may have, Bussières says.

Quoted

"We need to ensure that occupants are protected in the passenger compartment."
Alain Bussières, president of PMG

PMG also tests more than just crashworthiness. Special chambers can freeze vehicles to -55C or heat to 85C, while its 25 km of outside test track contains numerous surfaces to check performance, handling and braking.

The facility can even handle buses, trains and airplanes and both the Vehicle Test Centre and PMG have won numerous international awards for test quality.

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MODEL CODE: D5XS83 AC00
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@ 0% 84 months
finance with $1,616 down
All in sale price
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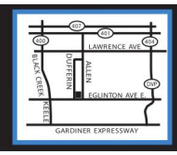

DISCLAIMER: OFFER'S AVAILABLE ON NEW RETAIL FINANCING FOR 2013 MAZDA 3 SEDAN GX(D4XS83 AC00)//2013 MAZDA 3 SPORT HATCHBACK GX(D5XS83 AC00) FOR 84 MONTH FINANCE//84 MONTH FINANCE AT 0%//0% WITH $486 DOWN//$1,616 DOWN. THE TOTAL OBLIGATION IS $22,144//$23,144. COST OF BORROWING IS $0//$0. ALL OFFERS INCLUDE ANTI-THEFT ETCHING($499+HST) & WHEEL LOCKS($59+HST). OFFERS EXCLUDE HST, LICENSING, PPSA $76.61(BANK FEE) AND INSURANCE EXTRA. OFFERS AVAILABLE O.A.C. OFFERS VALID UNTIL JUNE 30TH 2013. OFFERS MAY CHANGE WITHOUT NOTICE. CALL 416-789-4521 OR VISIT WWW.YORKDALEDUFFERINMAZDA.CA TO BOOK A TEST DRIVE.

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Titanium model shown

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Exhibit A in search for true Canadian car

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task

AUTO PILOT
Mike Goetz
drive@metronews.ca

What makes a car Canadian?

A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010.

I only saw it for the first time last month. If you haven't been, you should go. About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or "Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it. Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions. "Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit were sourced from the museum's permanent collection. She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

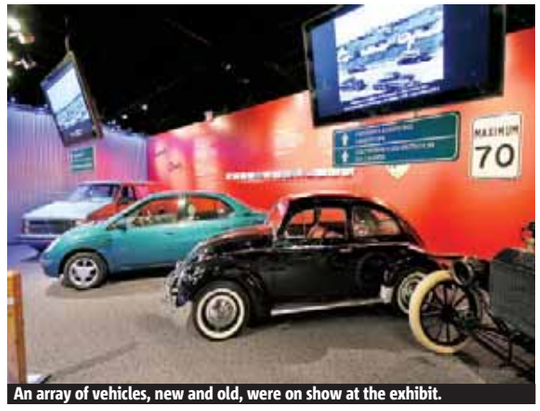
The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there, in the way Ferrari says Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc. We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing … that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S, and has been almost from the beginning." She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources. The Auto Pact (enacted in 1965) made the Canada-U.S industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them house hold names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.



An array of vehicles, new and old, were on show at the exhibit.

Old and the new side by side. BOTH PHOTOS MIKE GOETZ

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Horoscopes

♈ Aries
March 21 - April 20
There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

♉ Taurus
April 21 - May 21
Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

♊ Gemini
May 22 - June 21
You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

♋ Cancer
June 22 - July 23
The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

♌ Leo
July 24 - Aug. 23
Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

♎ Libra
Sept. 24 - Oct. 23
You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

♏ Scorpio
Oct. 24 - Nov. 22
What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

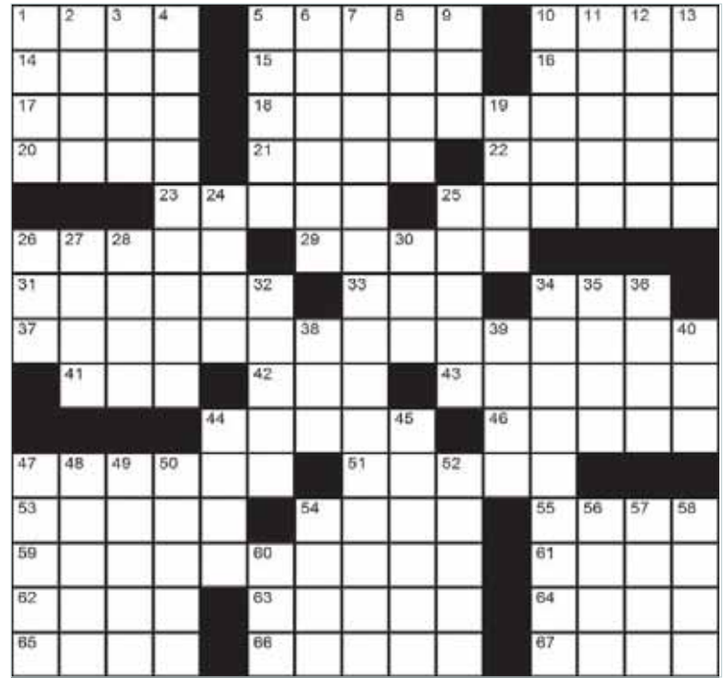
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

♓ Pisces
Feb. 20 - March 20
You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

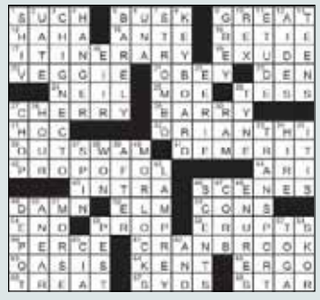
BY KELLY ANN BUCHANAN



Across
1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been _ __ pleasure..."
16. Seasoned stew, __ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", __ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need
59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister William __ Mackenzie King (b.1874 - d.1950)

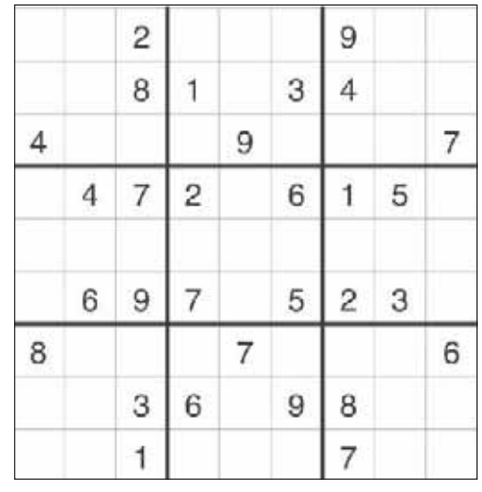
Down
1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The __ Tale
5. Less dangerous
6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-stay-behind words
12. Watchful
13. Puts a charge card to full use, __ out
19. Orbital period
24. Envelope insertion [abbr.]
25. Shakespearean tragedy, __ Andronicus
26. Elizabeth Taylor
27. 'Trick' suffix
28. Shawl, for one
30. Play-__
32. Novel's name
34. Manitoba town founded in 1878
35. "__! _ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The __ League
48. Reflection
49. Woman's short hairstyle, __ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	9	1	4	7	8	6	2
1	7	2	6	8	3	4	9	5
4	8	6	5	9	2	7	3	1
9	2	5	7	6	4	1	8	3
3	4	7	2	1	8	9	5	6
8	6	1	3	5	9	2	4	7
6	1	4	9	7	5	3	2	8
2	5	8	4	3	1	6	7	9
7	9	3	8	2	6	5	1	4

Today
29°/19°
Thundershowers
40%

Thursday
24°/18°
Thunderstorms
40%

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INCLUDES ALL TAXES & FEES

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INCLUDES ALL TAXES & FEES

Shannon $949 Roundtrip
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INCLUDES ALL TAXES & FEES

Birmingham $949 Roundtrip
Dep Sep 24 | Ret Oct 9
INCLUDES ALL TAXES & FEES

London $949 Roundtrip
Dep Sep 16, 17 & 18 | Ret Sep 20, 21, 22, 23, 24, 25, 26 & 27
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Rio4 SX with Navigation shown△

2013 RIO 4-DOOR

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

OWN IT FROM **$82**≠ BI-WEEKLY | AT **0%** APR | WITH **$0** DOWN

INCLUDES **6** BI-WEEKLY PAYMENTS ON US□ ON RIO ONLY

INCLUDED FEATURES:

6 Airbags • Satellite Radio
Anti-lock Brakes
Electronic Stability Control
Steering Wheel Mounted Audio Controls

bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, and **$900 "6 BI-WEEKLY PAYMENTS ON US" SAVINGS□**. Offer based on 2013 Rio 4-door LX MT with a purchase price of $15,783. Excludes HST.

Optima SX Turbo shown△

2013 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM **$126**≠ BI-WEEKLY | AT **0%** APR | WITH **$0** DOWN

INCLUDED FEATURES:

200 HP • Keyless Entry • Air Conditioning
Bluetooth° • Cooling Glove Box

bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$1,000 LOAN SAVINGS**. Offer based on 2013 Optima LX MT with a purchase price of $23,983. Excludes HST.

Soul 4u Luxury shown△

2013 SOUL

HWY (M/T): 6.5L/100KM
CITY (M/T): 8.1L/100KM

OWN IT FROM **$101**≠ BI-WEEKLY | AT **0%** APR | WITH **$0** DOWN

INCLUDED FEATURES:

6 Airbags • Anti-lock Brakes
Electronic Stability Control
Bluetooth° • Heated Front Seats

bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$500 LOAN SAVINGS**. Offer based on 2013 Soul 1.6L MT with a purchase price of $18,878. Excludes HST.

2013 SPORTAGE

Sportage SX shown△

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

AWD AVAILABLE ALL-WHEEL DRIVE

NOW ONLY **$19,993**◂ INCLUDES **$4,185** CASH SAVINGS‡

INCLUDED FEATURES:

Air Conditioning • Heated Front Seats • Satellite Radio • Steering Wheel Mounted Audio Controls • Bluetooth° • Keyless Entry

Offer includes delivery, destination, fees and **$4,185 CASH SAVINGS‡**. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of $24,178. Excludes HST.

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KIA

The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by July 2, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX+ AT (SR75BD) with a selling price of $29,078, financed at 0% APR for 60 months, 130 bi-weekly payments equal $224 per payment with a down payment/equivalent trade of $0. ^Don't Pay For 60 Days offer is a 60-day payment deferral and applies to purchase financing offers on all 2013/2014 models. No interest will accrue during the first 30 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. See your Kia dealer for full details. □6 Bi-Weekly Payments On Us offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Rio from a participating dealer between June 1-July 2, 2013. Customers will receive a cheque in the amount of six payments (excluding taxes) to a maximum of $300 per month or can choose up to $900 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends July 2, 2013. Cannot be combined with Don't Pay For 60 Days offer. ≠Bi-weekly finance payment O.A.C. for new 2013 Optima LX MT (OP541D)/2013 Rio4 LX MT (RO541D)/2013 Soul 1.6L MT (SO55ID) based on a selling price of $23,983/$15,783/$18,878 is $126/$82/$101 with an APR of 0% for 84/60/84 months, amortized over an 84-month period. Offer includes loan savings of $1,000/$0/$500. Estimated remaining principal balance of $0/$4,252/$0 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ◂Cash purchase price for 2013 Sportage 2.4L LX MT FWD (SP55ID) is $19,993 and includes a cash savings of $4,185 (which are deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. ‡$4,185 cash savings on the cash purchase of an eligible new 2013 Sportage 2.4L LX MT FWD (SP55ID) from a participating dealer between June 1-July 2, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. °Model shown Manufacturer Suggested Retail Price for 2013 Optima SX Turbo AT (OP748D)/2013 Rio4 SX with Navigation AT (RO749D)/2013 Soul 2.0L 4u Luxury AT (SO759D)/2013 Sportage 2.0T SX Navigation (SP759D) is $35,550/$23,450/$27,345/$39,145 and includes delivery and destination fees of $1,455/$1,455/$1,650/$1,650, environmental fee, variable dealer administration fees (up to $399) and A/C charge ($100, where applicable). Licence, insurance, applicable taxes, tire recycling and filter charges of $34, OMVIC fee and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. * Highway/city fuel consumption is based on the 2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Soul 1.6L GDI 4-cyl (M/T)/2013 Sportage 2.4L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.